

SELAH **FOOTBALL**

2012, 2013, 2014, 2015, 2016, 2018 - 2A Academic State Champions

www.selahfootball.com

Hello Viking Football Family,

I hope all of you are having a great summer. It's hard to believe that the 2019 football season is here already. I want to share with you some upcoming events, dates and other information you should know so please read this carefully.

Fall Clearance

Please plan ahead and take care of all athletic clearance items early. This includes updated physical, participation/eligibility form (found on Selah HS Athletics website under **Online Sport Registration Family ID** link), retreat and athletic fees paid. We want your son to be ready to practice on day one. If paperwork is not completed and checked off, he cannot practice. He can't afford to miss any practices to be eligible the first week. Receipts for clearance will be given to Coach Ditter prior to their first practice. Check the SHS Athletic website for dates and times for athletic clearance. Here is general list of the items that will have to be completed:

- ✓ Online Registration – go to Selah HS Athletics website under **Online Sport Registration (FamilyID)** link
- ✓ Current physical exam on file in the ASB office; must have a **physical every year**
- ✓ Fees Include:
 - Athletic fee - \$55 (team hoodie, t-shirt, shorts, game socks, mouthpiece)
 - Retreat Fee - \$100
 - ASB card - \$30

*If there is a need for financial assistance for fees, please contact Jake Davis, Selah HS Athletic Director.

Fall Turnout

- For any player that do not already have gear, checkout will be on Thursday, Aug. 15th at 9am or Monday, August 19th during the football portion of the parent meeting. Athletes will need to have an appropriate haircut (short with nothing showing outside the helmet, includes top of head). It is imperative that we get a proper helmet fit.
- The first day of practice is on Wednesday, August 21st. For a complete schedule of dates and times through game 1, refer to our website under **Schedules – August Calendar**. **All practices and team related events are mandatory.**
- **Cispus Retreat is required** and information is below.
- There will be practice during **Labor Day** weekend and it is mandatory.
- Our **Policies and Standards** are also on the Selah Football website under **Policies**.

- Our players will once again be selling **Viking Cards**. In the past, our program has done an outstanding job with our fundraising effort. We'd like to see the same again this year. This year's card is very similar to last year's with several local vendors graciously providing discounts. If you like food discounts, then you'll love this year's card again - It's packed with great deals!
- If you are planning on purchasing a few things for the start of the season, there are a couple of equipment notifications for you. The cleats the athlete is planning on wearing in games must be **black, white or navy blue**. Undergarments that will show (under the jersey and pants) must be navy blue or white. Also, all players must have their own integrated or **5 pocket girdle**. We do not provide this for players.
- Fan gear flash sale will be available through Adidas (info to come at a later date).
- Again this year we'll provide opportunity for you and your athlete to **get notifications and reminders** through Remind.com. Simply do the following from your smart phone – text To: 81010 and Message: @selahfo This is an important communication tool, so I highly encourage you to sign up.

Important Dates:

Aug. 15	Thurs.	Gear Check out	Locker Room	9 am
Aug. 16	Fri.	Viking Olympics	SHS	9:30
Aug. 19	Mon.	Fall Parent Meeting	SHS	6:00 pm
		Gear Checkout	Locker Room	7:00 pm
Aug. 21	Wed.	1 st Practice	SHS	3:00 pm
Aug. 22-24	Thus.-Sat.	Team Unity Retreat	Cispus Learning Center, Randle WA	
Aug. 26	Mon.	1 st Day of Classes		
Aug. 31	Sat.	Football 101	SHS	11:00 am
Sept. 6	Fri.	Game #1 @ Lakeside	SELAH	7:00 pm

from **Selah HS Athletic Trainer, Courtney Peart**

Reporting Injuries

It's very important that all injuries get reported to me as soon as possible. I am in the training room every day after school for about 30 minutes before practices start. Athletes are expected to come to the training room for injury evaluation, taping and rehabilitation exercises. No injury is too big or too small for me to know about. If you are away at another school and an injury occurs, please feel free to call/email me with any questions. I will do whatever I can to ensure your athlete gets the best possible care. You are always be more than welcome to see a doctor for any injury your athlete suffers from. However, it can be easier to see me first to see if I can help alleviate the situation and communicate if a doctor visit is needed. If your athlete has an injury that I believe he will need to sit out more than 3 days for or needs to see a doctor I will call you to decide the best course of action and keep you informed.

Returning an Athlete to Play

It is school policy that any time an athlete seeks care from a physician for an athletic injury, that athlete *may not return to play* until we have a written note from the physician, releasing the

athlete back to full athletic participation. **There is no exception to this rule.** Parent notes are unacceptable.

Concussions

Lystedt law: Requires that any athlete showing signs of a concussion to be examined and cleared by a licensed health care provider before being allowed to return to play. Once an athlete is cleared to return to play by a licensed medical professional (doctor, certified athletic trainer, nurse practitioner or physician assistant) they still need to participate in a 5 day graduated return to play protocol before returning to full practice/competition.

Thank you,
Courtney Peart, MA, ATC, LAT
Athletic Trainer & Sports Medicine Teacher

A NOTE TO FRESHMAN FAMILIES

Welcome to the Selah HS football program. Our staff is extremely excited about the upcoming year and adding your son and your family into our family. I would like to take a few moments to address two things directly with you as an incoming freshman parent.

August is the start of a new adventure for your athlete, you and your family – high school sports. This new adventure potentially brings some significant changes from their past experience in athletics. I want both of these items to be communicated before we begin this fall season. First, is the increased expectation and responsibilities of you and your athlete. We expect punctuality and attendance at ALL program related events. Things like family vacations, birthdays, haircuts, other sporting events/camps are not reasons to miss practice and will not be excused. Unexcused absences as such will result in loss of playing time for your athlete. I understand that late summer/fall is an opportunity for families to get the last vacation in, but we fully expect total commitment from everybody once the season starts on August 21st. If your son chooses to play high school sports, it is a sacrifice for the entire family in some way, shape or form. And believe me, our staff certainly understands and appreciates the sacrifices you all make.

CISPUS RETREAT INFORMATION

In the past, team camp has been a rich experience for both players and coaches to bond and have a lot of fun. It's made a significant impact on the cohesion and unity of our team during the mid-summer period.

Due to uncontrollable circumstances, we did not attend an off campus team camp this summer. As disappointing as this is, we have a great opportunity to potentially create another memorable experience. So, after talking with staff and many of our senior players, we've decided to take the team to Camp Cispus in Randle, WA for our team unity retreat on August 22nd. During this time, players will resume fall training camp practices (3), participate in several discussion activities with their team units, participate in a ropes challenge course, and have more than 2 days of bonding time with teammates.

Permission slips must be signed and returned by Wednesday, Aug. 21st

When: Leaving at 11:00am Thursday, Aug. 22 – Return on Saturday at 2:00ish, Aug. 24
Where: Cispus Learning Center, Randle WA
Cost: \$100
What' Included: Transportation, Challenge ropes course fee, 2 nights, 6 meals

Beginning Monday, Aug. 12th FamilyID will be open and you are able to begin paying the fee for the retreat. Please let me know if you have any difficulties with payment. We have options that will help you make payment and your player to attend.

* Please continue to refer to the Selah football website and our Facebook page for updates of information, dates and events. **www.selahfootball.com**

If you have any questions, please feel free to contact me. I'd be glad to talk. I look forward to seeing you at the parent meeting on the 19th. Thank you and continue to enjoy rest the summer.

Sincerely,

Scott Ditter

Scott Ditter
Head Football Coach, Selah HS
scottditter@selahschools.org

*“The journey is not for what is at the end of the road,
the journey IS the road.”*

